

Ways to be active!

Here's How

- Check with a doctor before starting
- Set goals
- Set aside time to be active



Make It a Part of Your Life

- 2 minute walks
- Take the stairs
- Take a family walk
- Park farther away from the front door when shopping
- Take the dog for a walk



Are you active?

Do You Spend Too Much Time:

- Watching TV?
- Working at a desk?
- Riding in a car?
- Taking the elevator?
- Eating?



Why be active?

To Have a Healthier Heart

- Lower blood pressure
- Lower risk of heart attack
- Stronger heart and lungs



A Healthier Physical Self

- Achieve and maintain a healthier weight
- Have more energy
- Keep bones stronger longer



A Healthier Attitude

- Feel more relaxed
- Rest better
- Reduce stress

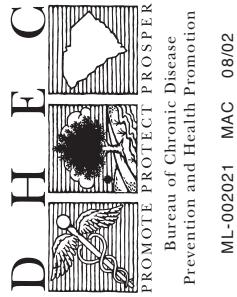


A Guide for Developing Good Physical Activity Habits

South Carolina Department of Health
and Environmental Control

For Information Contact:

- Local DHEC Health Department
- Local Chamber of Commerce
- Parks, Recreation, and Tourism
- YMCA
- YWCA



Get started

Begin by:

- Making small changes
- Making it fun
- Exercising with a friend
- Keeping an activity journal



Keep moving

Remember to:

- Reward yourself
- Set new goals
- Increase your activity to at least 30 minutes a day
- Add a variety of activities